

**"MI INTENSIVE" REGISTRATION FORM (Please print)**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_  
\*E-mail: \_\_\_\_\_

**13.0 CE/CME Credits Pending for LPCs, Social Workers, Psychologists, Case Managers, Physicians, and Nurses. (Must attend both days for the entire day to receive credit. No partial credit given)**

Do you want CE/CME Credits? ☐ Yes ☐ No

Professional group: \_\_\_\_\_

*\* needed for workshop confirmation...*

**Registration Fee: \$200** (A limited number of slots available for students (\$100) and groups of 3+ (\$150 each) on a first-come, first-served basis. Call to confirm that reduced-fee slots are still available. **If you want CE/CME credits, you must pay full fee.** A \$15 service fee will be charged for all refunds. NO REFUNDS after October 23, 2009.

**Questions or Directions: (406) 243-2367 or [sarah.avery@umontana.edu](mailto:sarah.avery@umontana.edu)**

Mail this form (or a copy) and your check, made payable to the "Clinical Psychology Center" (CPC) to:

**The University of Montana Clinical Psychology Center  
1444 Mansfield Avenue • Missoula, MT 59812**

# Motivational Interviewing Intensive: An Opportunity to Learn MI to Competence

Motivational Interviewing (MI) is a brief, collaborative intervention that guides clients in a goal-oriented fashion to elicit and strengthen their motivation for change, while simultaneously honoring their autonomy and self-determination. In practice, MI is used by clinicians involved in all areas of physical and mental health care. It also has been employed effectively in criminal justice and organizational settings (to facilitate efficiency by fostering teamwork and understanding among individuals). Those who use MI learn to attend to speech and to respect individual needs and readiness to change. They sensitively and differentially apply a wide range of informed skills, enabling them to work comfortably with resistance and ambivalence by creating a safe environment in which clients can consider and initiate personal change.

Research indicates that competency in Motivational Interviewing involves extensive training and ongoing practice and honing of skills. Findings have shown that a few hours of training, or even a day-long workshop, are really insufficient to convey the necessary concepts in adequate depth. MI requires adapting interventions to client readiness, and this dynamic interactive exchange requires skills that match client needs. Because such skills require knowledge as well as practice in delivery according to client presentation, it is incumbent upon clinicians and others who desire competency to obtain supplemental training and support to master the skills. Supplemental training opportunities will be made available (see insert).

This 2-day training by local members of the Motivational Interviewing Network of Trainers (MINT) will focus on learning the skills of MI known to be integral to initiating and maintaining client change across a broad range of target areas (e.g., health behavior, psychotherapy, addictions, criminal justice). This training will include videotape vignettes, role play, and feedback from practice.

## Training Objectives:

After completing this training, participants will:

- Understand the processes and principles of behavior change
- Gain the tools necessary to evaluate readiness for change
- Learn the communication and listening tools necessary for effective practice
- Learn how to respond effectively to client resistance
- Learn how to facilitate movement toward behavior change
- Practice specific interventions known to be effective in initiating and maintaining behavior change

## Program Schedule (tentative):

DAY ONE	Friday, November 6th	DAY TWO	Saturday, November 7th
8:30-9:00	Registration and Continental Breakfast	8:30-9:00	Registration and Continental Breakfast
9:00-10:30	Principles of Effective Practice	9:00-10:30	Facilitating Change Talk
10:30-10:45	Break	10:30-10:45	Break
10:45-12:00	Microskills: Foundations	10:45-12:00	Responding to Resistance
12:00-1:00	Lunch (on your own)	12:00-1:00	Lunch (on your own)
1:00-2:30	Microskills: Advanced	1:00-2:30	Change Plans & Commitment
2:30-2:45	Break	2:30-2:45	Break
2:45-5:00	Attending to Change and Sustain Talk	2:45-4:30	Integrations into Practice
		4:30-5:00	Evaluations and Future Training

**Questions: (406) 243-2367 or [sarah.avery@umontana.edu](mailto:sarah.avery@umontana.edu)**

**Friday/Saturday  
November 6th and 7th, 2009**

***Only 100 slots! Register now!!!***

### **Our Trainers:**

#### **Marc Steinberg, MD**

In addition to an abiding interest in MI, Marc has a private practice in diabetes and behavioral healthcare. He is a member of the Motivational Interviewing Network of Trainers (MINT) and a faculty member at the Johnson & Johnson Diabetes Institute. He also does consultative work with New West Health Services. He lives in Missoula.

#### **Christine Fiore, PhD**

Chris is a Professor of Psychology at The University of Montana and a licensed clinical psychologist. She has been a member of MINT since 1999 and recently updated her credentials in 2009. She has conducted numerous MI workshops for a wide range of professionals in the medical, mental health, and educational fields. Her research and practice involve application of her knowledge of best practices for facilitating behavior change.

#### **Steve Zellmer, MS, LCPC, MAC**

Steve was a co-founder of the Center for Integrative Care in Missoula. He is active in research and training projects on the effectiveness of MI and brief behavior change counseling in mental health and medical settings. Since 1987, he has specialized in individualized services for adults, adolescents and families impacted by substance use, mental health and co-occurring conditions.

### **Who should attend:**

This workshop is open to mental health, medical, and addictions providers, case managers, criminal justice professionals, and others interested in intensive training in MI practice.

**Questions? (406) 243-2367**

The University of Montana  
Clinical Psychology Center (MPS002)  
1444 Mansfield Avenue  
Missoula, MT 59812-1566



## **MOTIVATIONAL INTERVIEWING INTENSIVE:**

**An Opportunity to  
Learn MI to  
Competence**

**Friday and Saturday,  
November 6th and 7th, 2009  
8:30 a.m. - 5:00 p.m.**

**Double Tree Hotel Missoula  
Missoula, Montana**

*Sponsors:*



**The University of Montana  
Clinical Psychology Center (CPC)**

**and the**

**Western Montana Area Health  
Education Center (AHEC)**

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MISSOULA, MT  
PERMIT NO. 100

### **SPECIAL OFFER: SUPPLEMENTAL TRAINING OPPORTUNITIES!!!**

Because most practitioners are creatures of habit and return to old practices within one month of training, the MI workshop trainers will also offer supplemental, follow-up opportunities for ongoing practice and consolidation of your newly-acquired MI skills: (1) individualized phone coaching, (2) a follow-up continuing education course offered through the University of Montana, or (3) group supervision. Thus, even after the 2-day workshop, you will be able to enhance your effective application of MI skills through commitment to your own change process!

These supplemental training options (and their costs) will be discussed at the 2-day workshop, and you will be given the opportunity to indicate your interest in one or more of them. **Only those individuals who have attended “Motivational Interviewing: An Opportunity to Learn MI to Competence” will be eligible for these supplemental training opportunities!**

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